

Discuss the Benefits of *Rethinking Diabetes*  
with your Health Insurance Provider

# talking points



**1 IN 10 MAINERS HAS DIABETES**

Diabetes has serious health and cost consequences to workers, employers, families and communities.

- In 2012, the **TOTAL COST OF DIAGNOSED DIABETES WAS \$245 BILLION**, an increase of 41% from data collected just 5 years earlier. This includes \$176 billion in direct medical expenses and \$69 billion from reduced productivity, including:
  - \$5 billion in lost wages due to missing work.
  - \$20.8 billion being less productive while at work.
  - \$21.6 billion not being able to work due to diabetes-related disability.
  - \$18.5 billion lost years of work due to early death.
- **DIABETES CURRENTLY AFFECTS 1 IN 10 ADULTS**, and the National Centers for Disease Control and Prevention (CDC) estimates as many as 1 in 5 adults could have Type 2 diabetes by 2025.
- An estimated **79 MILLION AMERICANS HAVE PRE-DIABETES**, making them at greater risk for developing Type 2 diabetes, heart disease, and stroke.
- People with diagnosed diabetes incur on average **2.3 TIMES THE MEDICAL EXPENSES** of comparable people without diabetes. Mostly for treatment of complications.

## **NATIONAL DIABETES PREVENTION PROGRAM (NDPP)**

NDPP is an evidence-based program led by the **NATIONAL CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**. This proven program can help people at risk for Type 2 diabetes make lifestyle changes and **CUT THEIR RISK OF DEVELOPING TYPE 2 DIABETES**. It is a year-long program with 24 sessions, 16 weekly sessions and 6 monthly follow-up sessions with trained lifestyle coaches who empower participants to take charge of their health.

The cost of preventing diabetes is typically much smaller than the cost of managing the complications of Type 2 diabetes. Learn more about the National Diabetes Prevention Program in Maine by visiting

[www.ReThinkDiabetes.org](http://www.ReThinkDiabetes.org)

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## NDPP WORKS AND IS COST EFFECTIVE

This program gets results, and is a cost effective use of resources.

- Research of a lifestyle change program like NDPP showed that **WEIGHT LOSS OF 5-7%** of body weight reduced risk of developing Type 2 diabetes by **58%** in people at high risk for the disease.
- Even **AFTER 10 YEARS**, those who had participated in the lifestyle change program had a **34% LOWER RATE OF TYPE 2 DIABETES**.
- The **COST PER PERSON** of offering the lifestyle change program is about **\$500**, depending on factors such as promotion, recruitment, staff, and logistics costs.
- CDC has determined that lifestyle interventions to prevent Type 2 diabetes among people with pre-diabetes is **"VERY COST-EFFECTIVE"** and, in many cases, cost-saving.

## WHAT CAN HEALTH INSURERS DO?

- Include the National Diabetes Prevention Program (NDPP) as a **COVERED HEALTH BENEFIT**. NDPP is about preventing Type 2 diabetes. While many health insurance plans offer chronic disease management programs, not all are evidence-based and many are focused on managing existing disease.
- Value-based purchasing includes a range of strategies to achieve greater value for dollars spent on health care. Include **VALUE-BASED PURCHASING** to incentivize participation in NDPP.
- **PROMOTE NDPP** to members.
- Find Maine specific NDPP resources on the website **[www.ReThinkDiabetes.org](http://www.ReThinkDiabetes.org)**



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner